



DEMENTIA SUPPORT GROUPS

A valuable step toward handling the challenges of a loved one's dementia is connecting with others in similar situations. Our support groups give you the opportunity to learn from family members who have been in your shoes. In addition to receiving encouragement and hearing personal experiences, you can also learn what to expect and how to best plan for your loved one. A support group can reduce stress and feelings of uncertainty - helping you to keep calm and carry on.

**Please join us on March 4th, 2020 from
6pm - 7pm.**

**We will have light refreshments and a lot
of great conversations about how we can
support each other and learn new great
ideas!**

Please RSVP to Rhiannon or Kimberly



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assisted living
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